

Evaluation of patients with granulomatosis mastitis and its related factors in Ardabil

Abstract

Background and objective: Breast granulomatous inflammatory lesions can be considered as primary or idiopathic breast inflammation, and Mastitis Granulomatous is a chronic benign and rare disease among breast diseases. Although specific reasons are not mentioned for this disease, but they are usually related to autoimmune and septic reasons, oral contraceptives and breastfeeding.

Methods: This study was a cross-sectional study which was done on 30 patients suffering from Mastitis Granulomatous. Patients were asked for their history and they were examined and all the data was transferred to check lists.

Results: The average age of the patients was 30.43 with a standard derivation of 4.005. Maximum prevalence was in the 25-35 years old group. 43.3% of the patients suffered from the breast lump in their right side and 56.7% had the issue on their left. Pain was the most common symptom, while presence of lumps in breasts was the most common sign among these patients. ESR was high in 56.7% of the patients. ANA and anti.ds.DNA were positive in 40% of the patients. Hyper prolactinemia was only observed in one case. Moreover, 43.3% of the patients had a history of using OCP. PPD was positive in 43% of the patients. Given that the diagnosis of granulomatous mastitis is by pathologic testing, it is recommended that women in middle age who have symptoms of breast diseases, such as pain and mass and breast discharge, are recommended to be investigated for the diagnosis of granulomatous mastitis.

Conclusions: Mastitis Granulomatous mostly occurs among young women, and it's most common symptom is pain while the most common sign is breast lumps. ESR and ANA were high in patients suffering from Mastitis Granulomatous.

Keywords: Mastitis , Granulomatous , related factors